

ABSTRACT OF THE DISCLOSURE

A combination stack weight selector and add-on assembly for
5 selecting the stack of weights to be lifted and also supporting any
add-on weights for the user of a weight-lifting machine. The
combination stack weight selector and add-on assembly includes a
selector/support member having a handle member and an elongate
shaft member being securely attached to the handle member for
10 selection of weights to be lifted on an exercise machine; and also
includes a weight member being supported upon the
selector/support member.